

Step-by-Step Instructions for Yellow Belt Kenpo Karate Techniques

Below are concise, step-by-step instructions for each of the ten Yellow Belt techniques in American Kenpo Karate. These are based on standard curriculum and supported by the search results^{[1] [2] [3] [4]}.

1. Delayed Sword

Defense against: Front right hand lapel grab

- Step back with your left foot to 6:00 into a right neutral bow stance, executing a right inward block to the attacker's right wrist. Your left hand checks at your solar plexus.
- Immediately shift your right foot back into a cat stance.
- Deliver a right front snapping ball kick to the attacker's groin from the cat stance.
- Plant your right foot forward into a right neutral bow (toward 12:00) and strike with a right outward handsword (karate chop) to the right side of the attacker's neck.
- After the strike, check the opponent's right arm with your right hand^{[2] [3] [4]}.

2. Alternating Maces

Defense against: Front two-handed push

- Step back with your left foot to 6:00 into a right neutral bow, executing a left inward block to the inside of the attacker's right arm.
- Immediately deliver a right outward horizontal fist strike (hammerfist) to the attacker's left jaw.
- Follow with a left vertical fist punch to the solar plexus.
- Cover out to a safe position^[2].

3. Sword of Destruction

Defense against: Front left straight or roundhouse punch

- Step back with your right foot to 6:00 into a left neutral bow, executing a left inward block to the inside of the attacker's left arm.
- Simultaneously deliver a right outward handsword to the attacker's neck.
- Cover out to a safe position^[2].

4. Deflecting Hammer

Defense against: Front right front thrust kick

- Step back with your left foot to 6:00 into a right neutral bow as you execute a right downward block to the inside of the attacker's kicking leg.
- Immediately deliver a right hammerfist to the groin.

- Cover out to a safe position^[2].

5. Captured Twigs

Defense against: Rear bear hug, arms pinned

- Step to the right with your right foot to widen your base.
- Pin the attacker's hands with your own.
- Drop your weight (marriage of gravity) and deliver a rear head butt.
- Follow with a right rear stomp to the attacker's foot or shin.
- Cover out^[2].

6. Grasp of Death

Defense against: Headlock from the left side

- Step forward with your right foot to 1:00, dropping your weight and pinning the attacker's left arm with your left hand.
- Deliver a right hammerfist to the groin.
- Follow with a right elbow to the attacker's ribs or midsection.
- Cover out^[2].

7. Checking the Storm

Defense against: Overhead club attack

- Step forward with your left foot to 11:00, executing a left inward block to the attacker's right forearm.
- Grab the attacker's right wrist with your left hand.
- Deliver a right inward handsword to the attacker's bicep.
- Follow with a right knee to the ribs or midsection.
- Cover out^[2].

8. Mace of Aggression

Defense against: Front two-hand lapel grab, pulling in

- Step forward with your left foot to 12:00 into a left neutral bow, executing a left inward block to the attacker's arms.
- Deliver a right vertical punch to the attacker's solar plexus.
- Follow with a right knee to the groin.
- Cover out^[2].

9. Attacking Mace

Defense against: Front right straight punch

- Step back with your left foot to 6:00 into a right neutral bow, executing a right inward block to the attacker's right arm.

- Deliver a left vertical punch to the attacker's ribs.
- Follow with a right outward hammerfist to the attacker's jaw.
- Cover out ^[2].

10. Sword and Hammer

Defense against: Left hand shoulder grab

- Pin the attacker's left hand with your right hand.
- Step forward with your left foot to 11:00 into a left neutral bow.
- Deliver a left outward handsword to the attacker's neck.
- Follow with a right hammerfist to the groin.
- Cover out ^[2].

These steps represent the fundamental sequence for each Yellow Belt technique. For best results, practice under the supervision of a qualified Kenpo instructor to ensure proper form and application.

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1. <https://www.ironjourney-kenpo.com/kenpo-techniques/ed-parkers-american-kenpo-techniques-24/>
2. <https://weiserkenpokarate.tripod.com/id16.html>
3. <https://www.kenpotech.net/ed-parkers-american-kenpo/techniques/yellow-belt/delayed-sword/>
4. <http://www.georgiakenpo.net/delayed-sword.html>